

A Meal, Your Meal

By Max Lupo | YIELD 1-4 optional servings | TIME 25 minutes

Ingredients	Preparation
1 place setting, suitable for the meal being served <i>note: the “meal” can instead be a hypothetical non-meal</i>	Step 1 If available, acknowledge the location of your hands. Use your hands, or reasonable equivalent, to select and arrange the table setting in your preferred manner.
1 set of hands, or equivalent	Step 2 Pick up the napkin and fold it into halves until it can not be folded any further. With one hand, keep the folded napkin in position, while using the other hand to grab the elastic band.
1 medium sized cloth napkin	
1 elastic band	Step 3 Wrap the elastic band around the napkin so that its tightly folded shape is preserved by the tension of the band.
1/3 cup of water	Step 4 Is there a plate in front of you or a bowl? It doesn't really matter, I guess. Pour the 1/3 cup of water into the bowl/plate. If some water spills on the floor or table, you can clean it up if your like, though this is not really a part of the recipe. I mean, it wouldn't hurt the performance, but acknowledge that your need to clean the spill is a gesture independent of the recipe.
	Step 5 Place the bundled cloth into the center of the bowl/plate, then wait, and watch the napkin for 30 seconds.
	Step 6 In defiance of gravity, capillary action will let the water on the plate slowly ascend upward into the cloth. If you stare at the cloth it will look like not much is happening, but in about 15-20 minutes just about all of the water will be absorbed into your folded napkin.
	Step 7 Acknowledge that these 20 minutes are yours. This is your chance to be somewhere without obligation. Feel free to eat the prepared meal (if it exists), or sit in silence. While you're at this table no one will expect you to be anywhere else, I promise.